

## **CLINIC FOR ASD & ADHD DIAGNOSTICS- COMMUNITY RESOURCES**

**211 database** is a comprehensive resource database: 2-1-1 or 1.800.830.5380 [www.211database.org](http://www.211database.org)

### **CHILD ADVOCACY**

**COMMUNITY ALLIANCE FOR SPECIAL EDUCATION (C.A.S.E.)** [www.caseadvocacy.org](http://www.caseadvocacy.org)

Phone: **415.431.2285** CASE provides attorney and non-attorney representation on a sliding fee basis, as well as free technical assistance consultation on your child's educational program.

**DISABILITY RIGHTS CALIFORNIA (formerly Protection Advocacy Inc.)** [www.disabilityrightscalifornia.org](http://www.disabilityrightscalifornia.org)

Phone: **510.267.1200** or Toll Free **1.800.776.5746** **Oakland Legal Office:** Peer/Self-Advocacy, Special Education Rights. DRC works to bring about fairness and justice for people with disabilities.

**DISABILITY RIGHTS EDUCATION & DEFENSE FUNDS (D.R.E.D.F.)** [www.dredf.org](http://www.dredf.org)

**Phone: 510.644.2555 Education Advocate phone: 800.348.4232** DREDF is the Parent Training and Information Center and they can assist with Introduction to the IEP Assessment, Behavior, and Understanding ADHD etc. See website for sample letters for IEP and Section 504. DREDF's free services are provided by phone and email, through their website and workshops by Education Advocates.

### **COUNSELING RESOURCES**

**Contra Costa County Mental Health Access Line:** 888.678.7277

- **CCHP Members (Medi-Cal)** call 888.678.7277 for Authorization

**CCHP Members (Commercial)** call for Authorization: 925.957.7239 **Habla español** 925.957.7444

#### **Early Child Mental Health Programs for Children ages 0-6**

- Lynn Center, Pittsburg 925.439.9628
- We Care, Concord 925.674.0777
- Early Childhood Mental Health, Richmond 510.412.9200
- Child Care Solutions Programs 925.686.0207

**Mental Health Website:** [http://cchealth.org/services/mental\\_health/](http://cchealth.org/services/mental_health/)

**For Sliding Scale Fees: Call 2-1-1 or Mental Health Access Line for complete listing.**

\* *Spanish-speaking therapist available.*

- **Amador Institute**, Antioch, 925.778.3800 <http://amadorinstitute.com/>
- **Catholic Charities\*** [www.cceb.org](http://www.cceb.org)
  - **Pittsburg & Concord Family Services Center:** 925.825.3099
  - **Richmond Family Services Center:** 510.234.5110
- **Center for Human Development** 925.687.8844 [www.chd-prevention.org](http://www.chd-prevention.org) (info on parenting skills, anger management, bullying and other resources.)
- **Diablo Valley Counseling Center:** Walnut Creek, 925.210.1414
- **Family Stress Center:** [www.familystresscenter.org/](http://www.familystresscenter.org/) Antioch 925.706.8477 / Concord 925.827.0212
- **Familias Unidas\*:** [www.familias-unidas.org/](http://www.familias-unidas.org/) only in Richmond 510.412.5930
- **FIRST FIVE CENTERS** [www.firstfivecc.org](http://www.firstfivecc.org) -> Programs-> First 5 Centers for monthly calendar. Located in Antioch, Bay Point, Delta, Monument Community and West County
- **Jewish Family & Children Services:** 925.927.2000 [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org) (LGBT & support group)
- **JFKU Community Counseling Center:** 925.798.9240 [www.jfku.edu](http://www.jfku.edu) (+ support groups)
- **Touchstone Counseling Services, Inc.:** 925-932-0150 [www.touchstonecounseling.com](http://www.touchstonecounseling.com)
- **West Coast Children's Clinic:** [www.westcoastcc.org](http://www.westcoastcc.org) Intake & Referral 510.269.9043
- **YWCA Mental Health Program:** [www.ywcaccc.org/services.html](http://www.ywcaccc.org/services.html) 925.372.4213 ext. 11

**REGIONAL CENTER OF THE EAST BAY (RCEB):** For intakes **under** three years of age call **510-618-6195** or for **over** age three call **510-618-7706**. Parent must call to start timeline. [www.rceb.org](http://www.rceb.org)

**CRISIS CHILD CARE:** Bay Area Crisis Nursery (Ages 0-5) 925.685.8052 [www.bacn.info](http://www.bacn.info)  
Dahlstrom House (Ages 6-12) 925.685.3695

Revised 8.26.13 KP

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### **PARENTING CLASSES**

**Counseling Options and Parenting Education (C.O.P.E.)** [www.copefamilysupport.org/cope\\_education.html](http://www.copefamilysupport.org/cope_education.html)  
Triple P Parenting Classes 2-12 y/o and 13-17 y/o Office: 925.689.5811

**Family Stress Center** Grandparent support groups and Child-Parent Enrichment Program (C-PEP)  
Antioch: 925. 706.8477 Concord: 925. 827.0212

**Children's Mental Health Clinic** Please call for current classes i.e. The Parent Project  
Antioch: 925.427.8664 Concord: 925. 646.5468 Richmond: 510. 374.3261

**Kaiser Permanente:** [www.kp.org](http://www.kp.org)

Some classes are open to non-members. Call Health Education for registration and fee information.

**Antioch** offers "1-2-3-Magic: effective discipline for children ages 2-12" and "Surviving your adolescents: how to manage and let go of your 13-18 year old".

**Martinez** offers "1-2-3-Magic: effective discipline for children ages 2-12".

**Oakland** offers "Temperament program - living with spirited children".

**Richmond** offers "The Parent Project".

**Vallejo** offers "Parenting skills for ADHD".

**YWCA Program:** <http://www.ywcacccc.org/> 925.372.4213 ext. 29

**Check your local Adult Schools or local Community Colleges.** For example, Mt. Diablo Adult Education Parent Ed Program 925.685.7340 ext. 6720 provides parenting classes for families with children of all ages.

### **PARENT SUPPORT GROUPS**

**Care Parent Network** Phone: **925. 313.0999** *Spanish services are available at ext. 105/108.*

[www.contracostaarc.com/html/care.html](http://www.contracostaarc.com/html/care.html)

Support groups, information and referrals for parents of children with special needs. Peer mentor.

This is a great resource for Early Start, Special Education and IEP resources. Call for sample letters.

**C.H.A.D.D. of Northern California** [www.chaddnocal.org](http://www.chaddnocal.org) **1.888.759.9758**

Support group for parents of children with **ADHD**. Contact phone number for current calendar events.

**KINSHIP Support Services** – see 2-1-1 database for specifics including grandparent support groups.

### **WEB INFORMATION**

**Attention Deficit Hyperactivity Disorder (ADHD):** [www.insideadhd.org](http://www.insideadhd.org); [www.additudemag.com](http://www.additudemag.com);  
[www.adhd.com/index.html](http://www.adhd.com/index.html); [www.help4adhd.org](http://www.help4adhd.org)

**Autistic Spectrum Disorders (ASD):** [www.firstsigns.org/delays\\_disorders/asd.htm](http://www.firstsigns.org/delays_disorders/asd.htm);  
[www.dds.ca.gov/Autism/Home.cfm](http://www.dds.ca.gov/Autism/Home.cfm); [www.nichd.nih.gov/health/topics/autism/Pages/default.aspx](http://www.nichd.nih.gov/health/topics/autism/Pages/default.aspx);  
[www.autismspeaks.org/whatisit/index.php](http://www.autismspeaks.org/whatisit/index.php); [www.cdc.gov/ncbddd/autism/index.html](http://www.cdc.gov/ncbddd/autism/index.html); [www.autism-society.org/](http://www.autism-society.org/)

**CA Dept. of Developmental Services (DDS):** [www.dds.ca.gov/general/info\\_about\\_dd.cfm](http://www.dds.ca.gov/general/info_about_dd.cfm);

**Childhood Matters Archive Radio show on Parenting:** For archive shows go to: [www.childhoodmatters.org](http://www.childhoodmatters.org)

**Hand in Hand:** Nurturing the Parent-Child connection for more info go to [www.handinhandparenting.org/](http://www.handinhandparenting.org/)

**Healthy Children:** [www.healthychildren.org/](http://www.healthychildren.org/) for general information related to child health or for more specific guidance on parenting issues. See *health issues* → *conditions* for specific info on ADHD, Emotional problems and Developmental disabilities.

**Infant Development Association of California:** - [www.idaofcal.org/](http://www.idaofcal.org/)

**Kids Health:** <http://kidshealth.org/>

**Learning Disabilities:** [www.ldonline.org/](http://www.ldonline.org/); [www.ncld.org/](http://www.ncld.org/)

**National Dissemination Center for Children with Disabilities:** <http://nichcy.org/disability>

**Surviving Parenthood:** [www.capc-coco.org/surviving.html](http://www.capc-coco.org/surviving.html) (English and Spanish guide on-line)

**Technical Assistance Center on Social Emotional Intervention (TACSEI):** [www.challengingbehavior.org](http://www.challengingbehavior.org)

**Zero To Three:** [www.zerotothree.org/](http://www.zerotothree.org/) for parents of children birth to three years of age.

Please note information provided is limited and subject to change. If there are changes or corrections please call **Krista Peterson, LCSW, Medical Social Worker for CAAD Outpatient Pediatric Specialty Clinic at 925.370.5025.**